

TINY BITES TOTAL BIG CALORIES

You take the free doughnut with the 8-gallon minimum fill-up at the gas station.

Calories: 220= 52 minutes walking

Your office colleague offers you a fillet of his famous fried fish

Calories: 200= 48 minutes walking

It's your turn to cook tonight, so while grilling you sample the sausage to make sure it's done.

Calories: 70= 15 minutes walking

One bite-size Snickers from the office candy jar is not much. It is bite-size!

Calories: 60= 13 minutes walking

On the way home, you stop by McDonalds for a junior cheeseburger to beat the boredom of the drive!

Calories: 295= 63 minutes walking

At lunch, you ask for extra mayo on the hamburger; additional Tbsp of mayo.

Calories: 100= 21 minutes walking

It has been a long day; you could use a beer

Calories: 139= 32 minutes walking

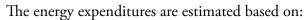
You are watching TV at night. 1/2 cup of vanilla ice cream sounds good.

Calories: 140= 30 minutes walking



Small steps towards change-REDUCE intake by 100 calories per day INCREASE steps by 2,000 per day

> www.nasa.gov www.ohp.nasa.gov NASA Occupational Health



^{*}A 47 year old man,

^{*5&#}x27;10", 188 lbs